

Align-Pilates®



H1 Reformer Assembly Instructions & User Manual

Introduction

The H1 reformer was developed to bring the benefits of a Pilates Reformer workout in to your home. Featuring the same springs as our professional reformers, the H1 offers smooth progressive resistance and a range of adjustments to fine tune the machine for your workout.

Specification & Adjustability

- Travel: 95cm
- Resistance: 4 Nickel plated music wire springs (2 Medium, 1 Strong and 1 Light)
- x4 Foot Bar positions: 3 plus down & stowage position
- Removable rope risers with 3 height options & 4 easy rope length adjustments
- New Align-Pilates double loop handles with "silent" metal free connectors for a quieter workout
- 3 position head rest, with locking string for stowage
- ISO20957-1 Class H Item. Max User Weight: 120Kg. Suitable for users: 145cm – 193cm (4'10 – 6'4")

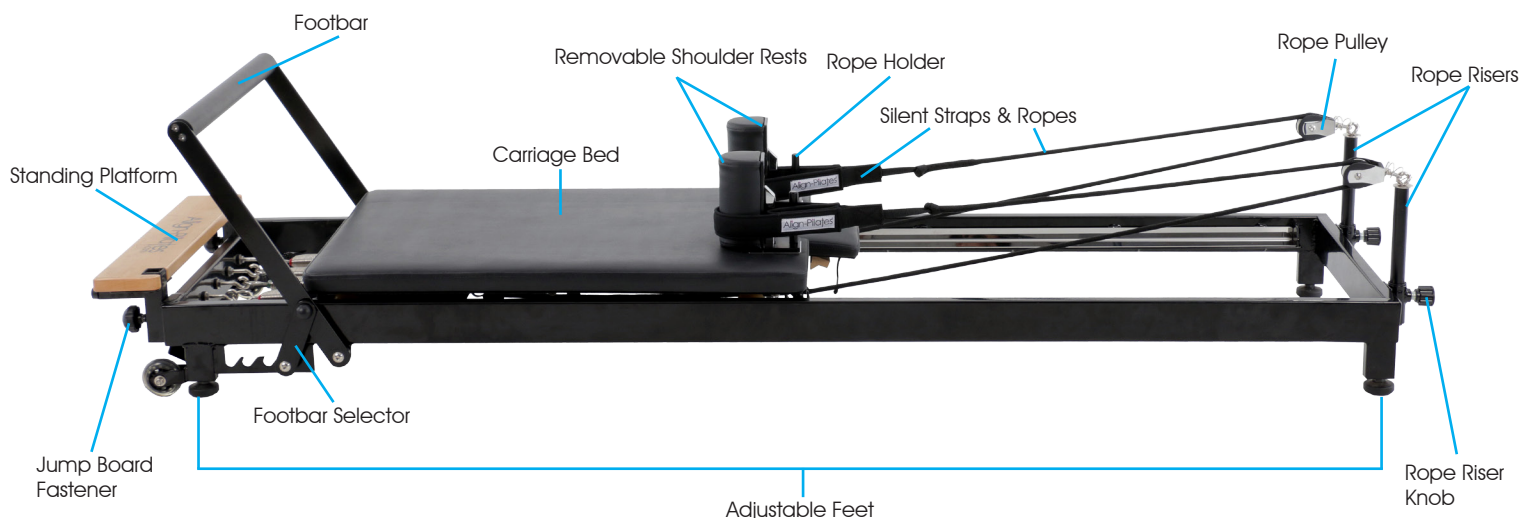
Dimensions:

- Size (maximums): 247cm x 70cm x 47cm
- Carriage size: 89cm x 58cm (w)
- Weight: Approx 50Kg

Packaging & Delivery:

Delivered in 1 box: 238cm x 73.5 x 26.5cm GW Approx 60Kg

H1 Reformer Map:



Accessories for your H1 reformer

If you have not already purchased them, you can accessorise your reformer with a jump board, frame sitting box, 'silent' foot strap and a neck pillow to complete your home Pilates studio. To see the complete range of Align-Pilates apparatus & a complete range of Pilates Studio equipment & mat work accessories please visit www.Align-Pilates.com



Jump Board



Frame Sitting Box



Neck Pillow

Assembly

1. Unpacking the H1 reformer

Allowing for space to assemble the reformer, carefully open the box and remove the polystyrene blocks and other packaging material. The smaller of the two boxes inside the big box contains the ancillary components. Take this out, open and lay out the contents (leave the carriage bed in the box for now).

Warning: We recommend the H1 reformer is lifted out of its box by two people to minimise the chance of injury due to its weight. Ensure all springs are engaged to ensure the bed does not roll back when lifting.

To attach the footbar selector bar to the footbar adjustment arm, insert the bar through the reformer resting on the selector gear teeth. Then, using the two bolts with washers and Allen key provided, screw these into the bar on either side through the hole in the footbar adjustment arm, as in Fig. 1.



Fig.1

1. Levelling the frame

The H1 has 4 adjustable feet to ensure the reformer is level or it will not run smoothly. The feet are

adjusted by screwing them in or out to adjust the height. Using a spirit level, adjust the feet to level the frame, ensuring that each foot is firmly in contact with the floor. *Tip: Always lower a high foot before raising a low foot, to avoid screwing the feet out too far*

2. Assembly of the carriage bed & attaching the ropes

Remove the carriage bed from the H1 frame and lay it face down on a soft and dry surface, such as clean carpet, to avoid damaging the leatherette upholstery. Remove the elastic retaining strap and attach the x4 springs, as shown in Fig.2. Now pass the elastic retaining strap through the eye of each of the springs and reattach the hooks to secure the springs (Fig.2).

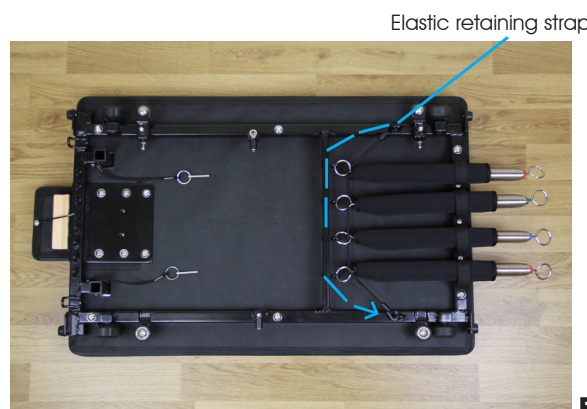


Fig.2

Locate the pair of rope risers with rope pulleys and the pair of ropes (**Note: each rope has an eyelet on one end**). Thread the non eyelet end of each rope through one of the rope pulleys, see Fig.3, and lay out each rope riser with rope threaded through the pulley, at the headboard end of the bed. Thread the ropes into the carriage bed, as in Fig.4, which shows white ropes for illustrative purposes only. Once each rope has been threaded, tie a simple "over-hand" knot on the end of each rope, then ensure the tails are the same length - once they are pull the knots tight. You may need to fine tune the final knot position to ensure the ropes are the same lengths. Use the series of hooks to quickly adjust the length of each rope, as shown in Fig.4. For more details see point 8 on page 5.



Fig.3

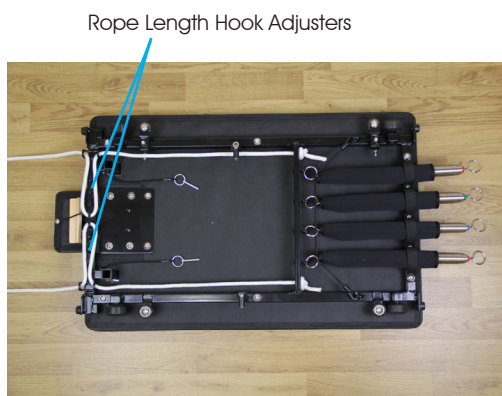
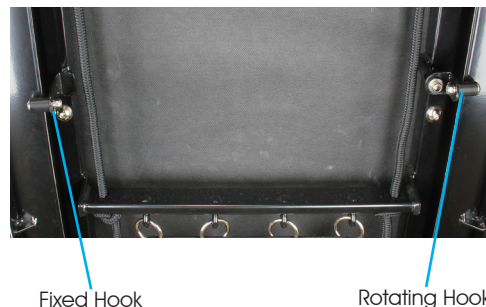


Fig.4

3. Placing the bed in the frame and final assembly

Lower the foot bar to the position closest to the foot board. On the underside of the reformer bed note the position of the fixed hook - see Fig.5. This hook runs beneath the wheel runner when in use and is there to prevent the carriage from tipping - care must be taken to hook it under the runner as the bed is installed into the frame. With assistance, lift up the carriage bed and flip it over, ensuring the springs are pointing towards the foot bar. Now carefully lower the carriage bed into the frame, taking care not to hit the frame, gently angle the bed so that the hook passes beneath the runner of the frame. Once the carriage bed is in position, gently slide the bed to the foot of the reformer and attach one of the springs. On the opposite runner to the hook is a second rotating hook. Rotate this to hold the bed in place so the carriage cannot fall out when stood up. To remove the carriage in future the rotating hook must be turned first and then the bed lifted out at an angle, lifting the rotating hook side of the reformer first.

Fig.5



4. Attaching & adjusting the rope risers

Partially unscrew the rope riser fastener on the end of the frame and insert the rope riser. Pull back on the fastener and slide the rope riser to the desired height. When happy with the height, let go of the fastener and twist to tighten, securing it in place. Be sure that the locking pin is engaged in one of the holes of the rope riser to secure it safely in position Fig.6 & 7. The H1 allows you to set your ropes at 4 different heights. To adjust the rope height simply loosen the fastener then pull out to release the pin. You can then move the rope riser up or down into one of the 4 holes. Fig.8.



Fig.6



Fig.7



Fig.8

5. Attach the Double Loop handles

Thread the nylon loop of the handle through the rope eyelet and then thread the loop handle through the nylon eyelet to secure the handle to the rope as per Figs.9, 10 & 11. Pull tight to check it is secure.



Fig.9



Fig.10



Fig.11

6. Installing & locking the shoulder rests

Finally install the shoulder rests by sliding the chrome bar in to the receiver - see Fig.12. Once inserted the shoulder rests lock in to place with a pin that is attached to the underside of the carriage which inserts through the hole in the bottom of the chrome bar (Fig.13).



Fig.12



Fig.13

7. Working with springs

The H1 is fitted with 4 springs in 3 strengths to offer a wide range of possible resistances. Green = Strong x 1, Red = Medium x 2, Blue = Light x 1. The springs can be used in any combination, although when using the reformer for asymmetric exercises, please ensure the springs selected are on the same side you are working on, or set equally in the middle, to ensure the carriage runs true. E.g. when doing a hip flexor stretch with one foot on the floor and the other on the shoulder rest.

8. Adjusting the rope length

Once your ropes are set up as outlined in point 4, fine tuning the rope length is easy. Simply move the rope along the hooks. When the rope is not on any hooks it is at its longest (Fig. 14 B) and when the rope is over the centre hook it is at its shortest (Fig. 14 A). There are 5 available rope length adjustment positions.



Fig.14

9. Standing & Storing your Reformer

The H1 reformer has legs to allow it to stand up for space saving storage. **Warning: The reformer should only be stood on resilient, level floors in locations where it cannot be accessed by children or risk being knocked over by other activities.**

First, make sure the foot bar is in the 2nd lowest position and all the springs are attached. Next, remove the locking pins for the standing feet, then using correct lifting technique, lift the reformer from the rope riser end (use 2 people if you are not comfortable lifting a weight of around 25Kg - we do not recommend anyone with back problems lifting the reformer). Before the reformer reaches vertical the rubber feet under the standing platform will engage. At this point use your foot to fully open each of the two standing legs. Once the standing legs are fully open, the reformer will stand freely and you can reinsert the locking pins to prevent the standing legs from accidentally closing. To put the reformer back on the floor, first remove the locking pins. Then, facing the "underneath" of the reformer, slightly raise the frame toward vertical and again with your feet shut the standing legs and then gently lower the reformer to the ground. Again if you are unsure about this process familiarise yourself by doing it with another person.

10. Moving your Reformer

The H1 reformer has wheels which will engage when the rope riser end of the reformer is lifted to around 20 degrees, it can then be wheeled around easily. Care should be taken when lifting as the weight is approximately 25Kg and correct lifting technique is essential.



Fig.15

11. Periodic Maintenance

Always check the apparatus before first use and again after each of the first few uses, to check all the fittings are securely fastened. Thereafter, it is important to make regular maintenance checks. Equally inspection should be made immediately if any part appears not be operating correctly or if something appears to be loose. Below follows a basic maintenance guide though our detailed maintenance guide and a sample maintenance log can be downloaded from <https://www.mad-hq.com/align-pilates-resources>

- **Springs & Spring Clips**

Inspect all springs for signs of wear, look for deformation, kinks, gaps and corrosion. Springs showing signs of damage must not be used and must be replaced immediately. Springs must be replaced every 2 years or after 3,000 hours, whichever is first.

- **Hardware**

Ensure that all nuts and bolts are securely fastened.

- **Loops & Handles**

Check all stitching for wear or damage and replace immediately as needed.

- **Ropes**

Check for wear and replace if worn or frayed

- **Feet Level**

Check that the reformer is level and all the feet are in contact with the ground as this will affect stability

- **Upholstery**

Regularly clean all upholstery on your Align equipment, we recommend using Gym Wipes from Vital Clean (www.vital-clean.de) as these will not damage your upholstery. Beware some bactericides and strong or abrasive cleaning products will dry out the vinyl and reduce its life. Vinyl is non-absorbent, so will not absorb dirt. Surface wiping is only required.

- **Shoulder Rests** - check the pads are securely bolted on to the metal frame - if loose retighten.

- **Spring hooks** - hand check that all eye hooks do not move. If loose remove, apply loctite and retighten.

- **Nuts & Allen Bolts** - check all nuts and bolts are tight, including those on the rope pulley wheels and those securing the head rest.

Congratulations! You are now ready to use your H1 Reformer. Now would be a good time to make a note to replace your springs in 2 years or, within 3,000 hours of use, whichever is sooner. We hope that you enjoy using your new H1 reformer!

12. Basic Reformer & Exercise Safety

If you are not familiar with using a Pilates reformer we suggest you seek advice from a qualified Pilates professional in order to learn how to get the most out of your reformer and to cover the basic safety aspects of using this type of equipment. A number of companies also offer short safety induction courses.

a) Pilates is about smooth and controlled movement, when performing exercises try to prevent the carriage from slamming in to the carriage stops and the springs from recoiling in an uncontrolled manner as this can damage the spring and shorten its life.

b) Secure the carriage with at least one spring when your Reformer is not in use, Do not get on the carriage when there are no springs attached unless you deliberately want to do this.

c) When standing on the reformer always put your first foot on the standing platform and then the other on the carriage. When getting off the reformer from standing take your foot off the carriage first and then step down off the standing platform

d) Use your reformer in a clear space with at least 1m of space all around the machine. This equipment is for indoor use only on a firm and flat surface

e) When using a reformer less is often more, remember when performing certain exercises less spring resistance makes the exercise more challenging.

f) Before starting any exercise program, consult a physician.

g) Before using the equipment, read and follow instructions in the safety manual and obtain thorough instruction from a Qualified Trainer.

h) Use equipment only for recognised Pilates repertoire.

i) Stop exercising if you experience chest pain, feel faint, have difficulty breathing or experience musculoskeletal discomfort.

j) Keep clothing, body and hair free from all moving parts.

k) Do not use if equipment appears worn, broken or damaged. Do not attempt to repair equipment yourself. Ensure equipment that is out of service cannot be used.

l) Do not allow children to use or be around equipment without adult supervision.

m) If standing the equipment for storage be sure it is kept in a safe place, on level ground and away from children or activities that could knock it over. If in doubt secure the equipment in an appropriate manner.

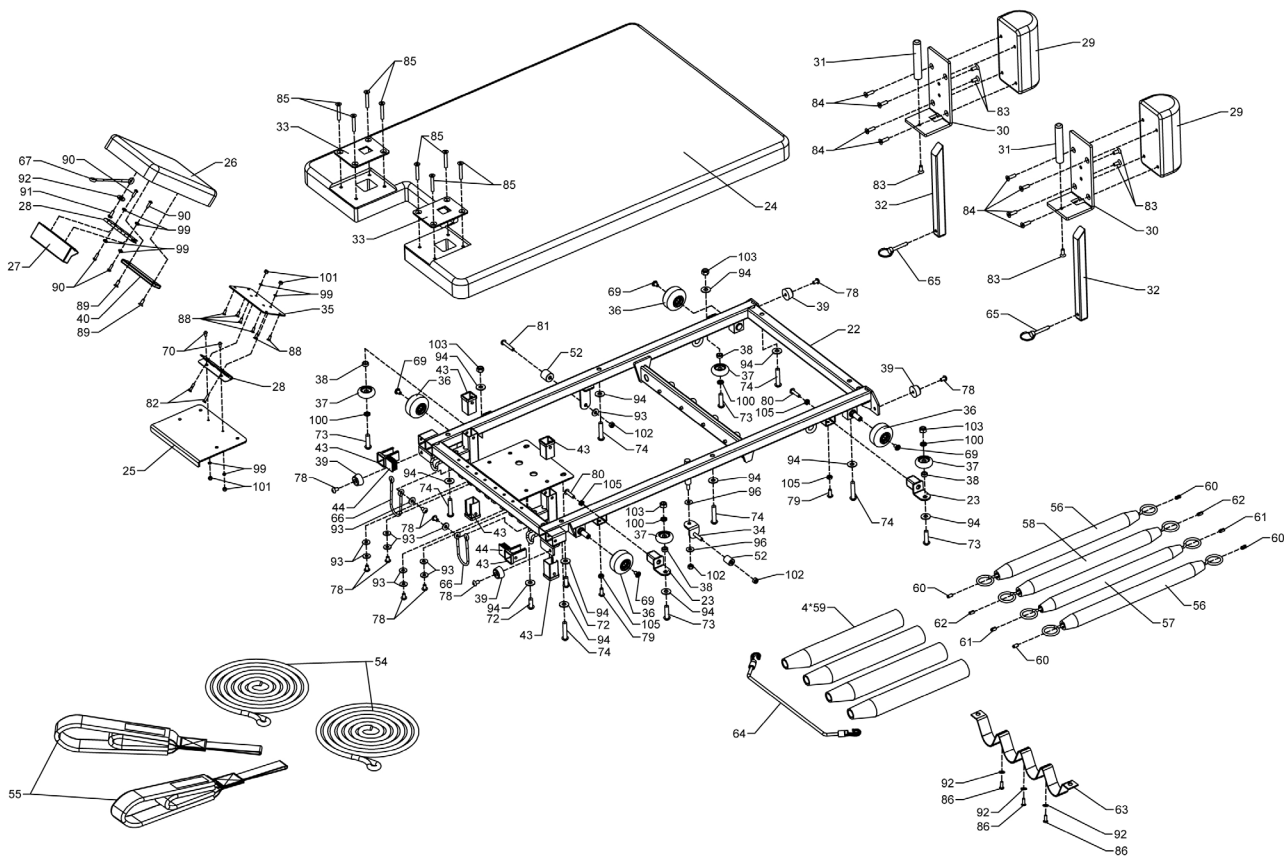
n) Do not exceed the maximum user weight for the equipment which is 120Kg.

o) The H1 can be moved around and stood up by a single person with relative ease, as the lifting weight is similar to lifting a heavy suitcase. However, if you have back or any similar issues you should avoid moving or standing the H1 alone.

Exploded diagrams:

Note: For larger images of the exploded diagrams and a detailed parts list please download from: <https://www.mad-hq.com/align-pilates-resources>

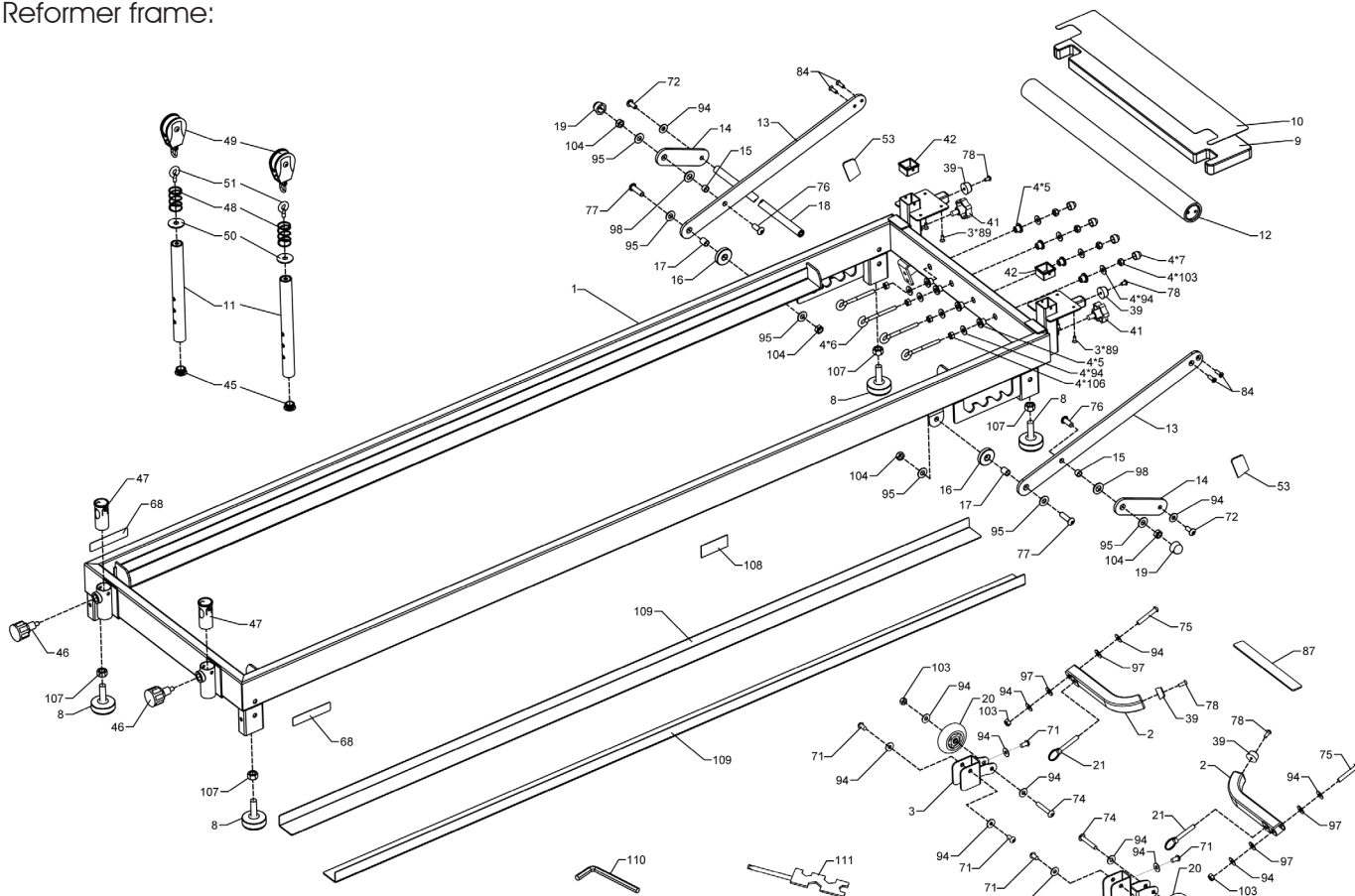
Carriage Bed:



Align-Pilates®

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Reformer frame:



Warranty Information

ALIGN-PILATES™ LIMITED LIFETIME WARRANTY

Terms of Limited Lifetime Warranty

Align-Pilates offers the following limited lifetime warranty, for the periods as stated below from the date of purchase, to the original owner of their products, upon presentation of an original invoice in their name. The warranty covers domestic usage only - the H1 is not warranted for commercial or professional use. Align-Pilates will repair or replace any mechanical part that malfunctions due to defects in materials and/or workmanship during the warranty period. The warranty excludes normal wear and tear, damage due to negligence or misuse, abuse, modification or unauthorized repair; scratches to the finish, and tears or indents in the upholstery. Align-Pilates will, at its discretion, repair or replace any parts deemed defective during the warranty period. If we opt to repair or replace your apparatus, this may require that your product is returned for inspection at our premises prior to sending out replacement apparatus. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. This warranty does not cover shipping charges, customs clearance fees (where applicable) or any costs incurred in installing repaired or replacement parts shipped under the provisions of this warranty.

This warranty will be null & void if springs are not changed as specified or, if all safety, maintenance and usage instructions as specified in the manuals are not observed or, if the equipment is used for any other purpose other than for Pilates repertoire or if the equipment has been subjected to accident, abuse, improper service, or modification not authorised by Align-Pilates.

Duration of Limited Warranty

1) The H1 reformer carries a 2 year warranty for the main steel frame and standing platform and the following warranty on other parts
a) Springs

2 year / 3,000 hours warranty is given on all springs, excepting that a decrease of 5% of the spring power per 1,500 hours usage is acceptable according to international standards. Align-Pilates Springs should be replaced after a maximum of 3,000 hours use or 2 years, whichever is earlier. In the event of any signs of damage or wear springs should be replaced immediately regardless of age or usage.

b) All other parts including wear and tear parts including wheels, straps, ropes: 1 year
c) Upholstery

The upholstery fabric on Align-Pilates equipment will be replaced if it fails to give normal wear for 90 days from the date of delivery. Proof of damage may be required. This warranty does not cover cuts, scratches, burns, stains, soiling, or damages caused by unreasonable use such as wearing jewellery or inappropriate clothing whilst using the equipment. Align-Pilates reserves the right to substitute an equivalent fabric if an identical fabric is not available. Upholstery must be properly cared for as laid out in the manual.

Warranty Return Procedure

The customer must call Align-Pilates or its authorized Distributor for authorization prior to returning the equipment. The customer is responsible for the cost of returning products to Align-Pilates (or their appointed Distributor) for warranty adjustment should this be deemed necessary. The customer is responsible for any damage or loss during shipment back to Align-Pilates (or their appointed Distributor). The customer is responsible for the cost of return freight to them in the event Align-Pilates decline to make a warranty adjustment. Align-Pilates do not accept responsibility for any items returned without a pre-approved authorization number, which must be clearly marked on the outside of the package.

Limitation of Liability

The above is our exclusive warranty and is in lieu of all other warranties, express or implied, including warranties of merchantability or fitness for any purpose. In no event shall Align-Pilates or their Distributors be liable for incidental, consequential or punitive damages.

Further Information

This warranty is issued by Align-Pilates Equipment Ltd. Contact details: 430 Enterprise Way, Vale Park, Evesham, Worcs WR11 1 AD, UK. Telephone + 44 1386 425920, Email: customercare@align-pilates.com. For more information about Align-Pilates equipment please visit: www.align-pilates.com

For larger images of the exploded diagrams and a detailed parts list please download from:

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